

COMMUNITY NEWS + INFORMATION FROM

THE VICTORIA FOUNDATION

pulse



SUMMER 2017

Hilary Graham of the Pacific Institute for Sport Excellence works with kids of the Cridge Centre for the Family on their physical literacy

SMART & CARING

Supporting programs that create stronger communities

GRANT SPOTLIGHT

Newcomers to Canada share their stories

"GRAND FAMILIES"

Connecting at a Galiano Island nature camp



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Cover Image: Hilary Graham of the Pacific Institute for Sport Excellence works with kids of the Cridge Centre for the Family on their physical literacy. Photo by Simon DesRochers

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Welcome to the Summer 2017 installment of *Pulse* magazine, our fifth issue bringing you community news and information from the Victoria Foundation.

In every edition of *Pulse*, we tell the stories of the Victoria Foundation and of the qualities that make our community special. Whereas our other annual publication, *Victoria's Vital Signs*®, examines the livability of our region, *Pulse* brings a sampling of the many organizations, programs and people that are working toward improving the measures explored in *Vital Signs*.

This issue's feature article takes a look at the five-year anniversary of the Smart & Caring program.

An initiative of the Right Honourable David Johnston, Governor General of Canada, Smart & Caring has provided physical literacy skills to thousands of local children, and enhanced the financial security of many local charities.

As the region's largest non-government funding organization, we're proud to be able to support an amazing breadth of issues and causes. Within the Grant Spotlight section, you can read about a number of recent grant recipients and the projects they are undertaking, including a number celebrating this year's Canada 150 anniversary.

Elsewhere in this issue you'll find stories on everything from community leadership and grants for adoption and permanency to inspirational donors and the professional advisors who help bring their philanthropic dreams into reality.

I hope you enjoy reading this issue of *Pulse* and perhaps use the stories contained in these pages as inspiration. Our vision is a vibrant, caring community for all, and we welcome everyone's participation in bringing it to life.

Sandra Richardson

Sandra Richardson, Chief Executive Officer



GREGG ELIOT



Hilary Graham (left) and Britney Bijold, instructors for the Pacific Institute for Sport Excellence, with children at the Cridge Centre for the Family.

SIMON DESROCHERS

SMART, CARING AND SUPPORTIVE

THE SMART & CARING COMMUNITY FUND SUPPORTS
KEY BUILDING BLOCKS OF A STRONGER COMMUNITY.

Six years ago, Governor General David Johnston called on Canada's community foundations to join him in bringing to life a vision for a smarter and more caring nation. His Excellency wanted to enhance the ability of Canadian communities to respond to the needs of their local populations. He looked to community foundations to lead the charge.

The Victoria Foundation was the first to rise to His Excellency's challenge, establishing the Smart & Caring Community Fund, which aims to support programs that are proactive, measurable and responsive to the Foundation's *Vital Signs* report. The first two initiatives focus on physical literacy programs and a matching fund program.

Physical Literacy

The Smart & Caring Community Fund was officially launched at a 2012 event at the Pacific Institute for Sport Excellence (PISE), where some of the 175 children in the Cridge Centre for the Family childcare program demonstrated for His Excellency the skills they learned in the ABCs of Physical Literacy, a program developed by PISE.

Now in its fifth year, the ABCs of Physical Literacy provides young children in Victoria with the physical skills that form the foundation for confident involvement in sport and recreation. The program operates at the Cridge Centre's preschool and after-school programs, as well as at Craigflower Elementary, where, twice a week, trained PISE leaders take over the gym, bringing children and their teachers together for a fun and active class involving skill building, teamwork and practice through games.

"For example, we'll work on throwing one day, where we do all the different cues for throwing," says PISE leader and Camosun College student Donovan Coates. "We'll play a warm-up game, and then before we do our throwing games we go over our throwing cues and then get the kids to practise. And then we'll play a game that involves throwing."

It's fun, it's fast-paced, and it's working.

Quantitative measurements of basic physical competency show a 10 to 20 per cent improvement among Craigflower children over the national average in areas such as running, hopping, throwing, kicking and balancing.

"A huge piece of that is that we've been so consistent over five years," says Chris Wright, physical literacy program coordinator at PISE. "We're not just coming in for two months and then going."

Children who have experienced several years in the PISE program have benefited from that consistency in instruction and skill development.

"When they do move on," says Wright, "they have that base and that's a huge piece for physical literacy — having that skill set so you feel competent and confident in everything you do."

Because of the Victoria Foundation's support, the ABCs of Physical Literacy program has brought about a much higher profile for physical literacy in the region, which in turn has spurred increased programming. The PISE program includes adapted modules for those with disabilities, and has delivered improvements not only in physical skills and abilities but also in the children's social skills, both inside and outside the classroom.

"Play, laughter, physical well-being," says teacher Vini Zucko as she takes a break from running around with her students. "There's that sense of team building and cooperation."

In the four years that teacher Jack Tran has participated in the program, he sees that regardless of grade level, the kids are always excited for their PISE sessions.

"The children feel accomplished after PISE," says the veteran teacher. "They've learned a new skill without knowing it. They feel so good."

Consistency and modelling in leadership are happy byproducts of the program, too. "We're very thankful that our students here at Craigflower received the grant for PISE instructors to come," says Zucko. "They're incredible with the kids. They've gotten to know them really well through the year ... That relationship is strong, and that's why the kids can't wait to come here."



"Join me in imagining our country as it could be. A smart and caring nation, where all Canadians can succeed, contribute and develop their talents to their fullest potential."

— Governor General David Johnston

Matching Funds

The second Smart & Caring Community Fund initiative is the Victoria Foundation's matching fund program to create, or add to existing, endowment funds for charitable causes. This was one way of responding to His Excellency's goals to expand the reach of community foundations and to help more organizations respond to their clients' individual needs and opportunities.

The Victoria Foundation values supporting the community and helping organizations succeed. As part of its charitable activities, the Foundation manages endowment funds for registered charities, annually distributing earnings from these permanent funds to the organizations. The Foundation accepts donations to the funds on behalf of the charities, thereby reducing their costs and administration. The funds also benefit from the diversification of being part of the Foundation's over \$300 million in assets under administration.

“The most profound feedback we get is from parents and teachers who talk about improvements in behaviour, attitude and enthusiasm ... It isn’t just a sports agenda or an academic agenda or a social agenda ... it’s a humanistic agenda. And that, I think, is what has helped us to grow the program to reach over 4,000 children annually.”

— PISE CEO Robert Bettauer

From the matching fund program’s inception in 2012, it has grown from 13 participating organizations to 52. Matches of \$7,500 for a contribution of \$7,500 or more were offered to create new endowment funds, with 38 new organization funds established during the five-year program. Additional matches of \$2,500 for a contribution of \$2,500 or more were offered to organizations with existing funds (with a fund balance of less than \$40,000). Since 2012, 100 matches totalling \$440,000 were made, adding to the long-term capacity of both local and national causes.

Many of the 38 new organizations took advantage of the \$2,500 matches in the following years and carried out additional fundraising activities with their supporters. Of the \$380,000 invested by the Foundation in matching funds for these 38 organizations, the endowment funds have grown to \$2.6 million as of March 2017. This is a testament to these organizations looking to their future and a remarkable response to the Governor General’s call to action.

These organizations represent a diverse range of needs and interests, with some focused on families, children and youth, and several serving Aboriginal peoples. Some, such as the Bateman Foundation and the Shaw Centre for the Salish Sea, provide environmental education. And others, such as Ross Bay Villa and the Federation of Canadian Music Festivals, are focused on arts and culture. Whether it is serving food at a community kitchen, training a guide dog, helping newcomers or providing culturally appropriate health care and counselling, the volunteers and staff at the charities supported by these endowment funds know there will be a steady stream of support to help them improve the quality of life for those they serve.

Thanks to an anonymous donor, the matching fund program will continue throughout 2017.



INTER-CULTURAL ASSOCIATION OF GREATER VICTORIA

CONNECTING NEWCOMER CHILDREN AND YOUTH WITH COMMUNITY SPORT

It’s not easy to feel like you fit in when you’re new. Community sports can change this for kids and help create a feeling that they belong to something bigger. To help get newcomer immigrant and refugee children and youth involved with sports and physical activities in their communities, the Victoria Foundation has thrown its weight behind Newcomer Sport for Life, an initiative by Sport for Life Society, which is supported by community partners like the Inter-Cultural Association of Greater Victoria.

“The Victoria Foundation has been a fantastic partner in this,” says Sport for Life Manager of Special Projects Emily Rand.

The program helps newcomer children and youth figure out which sport might be the best fit for them and matches them up with mentors who help them with registration and accessing equipment. Program providers are trained in cultural competency so they’re able to support the youngsters as they ease into their new world.

So far, the program has reached more than 65 young newcomers hailing from many different countries — and has brought just as many smiles. 🇻🇨



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INVESTING IN THE FUTURE



Students across the region are taking an active role in shaping their community thanks to the Victoria Foundation's Vital Youth — a program that gives youth the opportunity to make meaningful contributions to causes they care about.

Launched in 2003 with just three schools, Vital Youth has grown to include nine high schools in four districts. Each year, the Foundation allocates \$2,500 to each group, giving students the chance to decide how funds will be used. Drawing on *Victoria's Vital Signs*®, students identify needs found within their community, and the funds go to the charities of their choice.

These stories showcase the impact that this program has had on its participants.

LINNYA THOMAS

Grade 9 student at Esquimalt High School

Why she got involved: “I became involved with the Vital Youth program through my First Nations Leadership group. I thought it would be a cool experience, as I'd never really done anything like this before, and it was a lot of fun. I like the idea of being a leader in my community, and this class let me do that. Everyone is a leader in this group — we're all in this together — and I'm glad I had the chance to work with all the people I did. I will do this again if I can.”

How she made an impact: “We made the decision to support the Victoria street community. We watched a PowerPoint presentation about the Dandelion Society and the work they do with homeless people, and it really touched everyone. We all wanted to make a difference. We knew there were many homeless people in our community, and sometimes when I see homeless people I'll give them a warm drink or some food, but this was a way to have more of an impact. We had the chance to work with the Society to go out and meet the street community downtown and provide them with a few resources. It was a great experience, and it made me really grateful for what I have.”

Most memorable experience: “The most memorable experience for me was definitely being up early in the morning in the cold, handing out coffee and cookies, and blankets and socks and things that people need in January. It made me realize that whether people choose to be on the streets or not, they all have basic needs. It made me really sad, actually. Some of the people were happy and excited to see us. I wished we could have done more, but I'm glad we got to help.”

Mentor Spotlight

“The students I work with are already extremely generous and focused on their community, but as this was our first year in the program, it was unreal to see the impact this had on their lives. The students had the opportunity to work with the Dandelion Society and there we were, up at 4:45 a.m., handing out sleeping bags, socks and cookies to those who needed them. It was a world the students knew existed, but none of them were intimately familiar with it

until that moment, and it really changed their perspective. To see the way that it shifted the students' understanding of their own lives was amazing. It emphasizes their feelings of gratitude for the things they have and reminds them to practise generosity in every way they can. It made me want to go above and beyond and find a way to make education invigorating and meaningful. This is how they learn.”

— **Rachel Trebilco, Aboriginal Academic Support, Esquimalt High School**

STEPHANIE SAUNDERS

Grade 12 student at Frances Kelsey Secondary and president of the Vital Youth Club; attending Queen's University nursing program in the fall

Why she got involved: "I got involved with this club three years ago with one of my best friends. By the end of my first year, I saw what a powerful difference it could make in our community. It allows us to take initiative, to learn and to expand ourselves into neighbourhood organizations."

How she made an impact: "This year, our group chose to focus on the act of rehabilitation, physically and mentally, due to the challenges of drugs. We all felt passionately about this topic since many people on Vancouver Island are affected by addictive drugs — both users and their families. We realized that preventing drug consumption is difficult, so rehabilitation is the next best step in addressing the problem."

Most memorable experience: "My favourite and most memorable experiences have been when I have the chance to notify organizations that we are offering them our grant. They are so grateful young people are involved and are making a difference in our society. Last year, we gave our grant money to the Royal Canadian Marine Search and Rescue of Mill Bay, and they were extremely happy to have received funding that went to a new vessel. Later on that year, the person I had been in contact with reached out and brought us a framed certificate and a handwritten card expressing their gratitude. It is truly an honour and a privilege to be helping organizations the way Vital Youth allows us to. I am so happy that I was able to be part of such an extraordinary club."

Mentor Spotlight

"In the six years I've been doing this, I am continually impressed by our next generation of leaders. Looking at how they can organize themselves, run meetings, deliberate and consider what matters to each person is inspiring. Everyone takes on responsibility in this program, and even the students who are often shy in class will raise their voices to be heard. It's fascinating to see how they determine greatest need, who will be receiving help and how much, and they are careful and

practical in their decision-making processes. Based on criteria set by the group, each participant has the opportunity to invite in an organization to speak, and this allows the students to share their passions. They all have a passion for helping others — and that's critical to this process. As a teacher, it gives me a special understanding of how to empower these kids. It's amazing how they rise to meet the opportunity."

— **Terry Abbott, Department Head, Mathematics, Frances Kelsey Secondary**



1

GROWING FOOD SECURITY IN THE CAPITAL REGION

Ensuring fresh food for all requires the collaboration of many community partners. With leadership from the Victoria Foundation, the new Food Rescue project brings fresh food deeper into communities, improving healthy-food access, education and community connection.

Every Wednesday, the Saanich Neighbourhood Place hosts dinner for the neighbourhood. Whether the offering is pasta with fresh sauce, three kinds of salad or other nutritious food, the weekly meal is enriched by Food Rescue. A new regional program, Food Rescue directly connects surplus fresh food with the people who need it most. For everyone from children in preschool programs to families who have run short on the monthly grocery budget, there's now a community-based solution for them to get the fresh food they need.

Food security exists when everyone in the community is able to access enough safe and nutritious food to live a healthy life. According to the Victoria Foundation's 2014 *Vital Signs* report, many families and children in Greater Victoria are food insecure.

Food Rescue Launched This Year

Launched in 2017, the Food Rescue project addresses a key aspect of food security: food access. It aims to distribute fresh food recovered from grocery stores deeper into communities around the region and expand community-based programs



Brenda Bolton (left), coordinator of the Food Share Network, and Derek Pace, food-security manager at The Mustard Seed Street Church, at the Food Rescue's new distribution warehouse.

that connect people through meal planning and cooking. In the program's first year, it is expected to divert 616,885 kilograms of fresh food from the waste stream.

The result of a two-year process, establishing Food Rescue was an effort that saw the Victoria Foundation working with community partners to build the necessary capacity and infrastructure. As part of the startup funding, the Rotary Clubs of Greater Victoria raised \$100,000 through a car raffle, which the Victoria Foundation matched. Thrifty Foods committed to the project by having nine of its regional stores divert 2,000 kilograms of edible fresh fruit, vegetables and dairy products away from the compost stream every day.

The Food Rescue project is led by the Food Share Network, a forum of 40 food-providing non-profits and groups working toward a shared vision of food security, creating healthy-food access for the region's most vulnerable. As Brenda Bolton, coordinator of the Food Share Network, explains, only 20 to 30 per cent of the food-insecure population actually goes to food banks, whether because it's difficult to get there or because of the stigma associated with using a food bank.

Food Rescue and the Food Share Network are two of the major initiatives guided by the Victoria Foundation, stemming from initial meetings in 2013 to map the regional food system and identify

IMPROVING FOOD SECURITY = EXPANDING FOOD KNOWLEDGE

Poverty is a root cause of food insecurity. Food Rescue in isolation cannot eliminate hunger; it must be part of a wider approach that also includes supporting people to grow and cook food. Besides rescuing over 616,885 kilograms of food annually (an estimated value of \$3.4 million), the Food Rescue project is just one stretch along a much longer road. Over the long term, the Victoria Foundation is working with the Good Food Network to ensure access to affordable fresh food for all, along with strategies to support farmers to increase local food production and a multi-faceted approach in schools that includes food access, literacy and food-growing programs.

“The *Vital Signs* report indicated 14 per cent of the population of the Capital Region is food insecure. That’s huge. It really is tied to income. Victoria is getting to be a very expensive place to live, so people have to make tough decisions every day. For parents, it’s rent or food. For seniors, it’s medication or food.”

— Brenda Bolton, Food Share Network Coordinator

solutions to address food insecurity. With food security as one of its strategic granting priorities, the Victoria Foundation provides expert guidance, distributes funds and fosters collaboration among a variety of organizations, with goals that include reducing hunger and improving food security in the Capital Region.

Distributing Food to Neighbourhoods

Along with initiating Food Rescue, the Victoria Foundation has been engaged with partners in planning, and has awarded funds to support the collection and distribution of rescued food.

The Mustard Seed Street Church, identified as the lead implementing agency on food-rescue operations on behalf of the Food Share Network, found a suitable warehouse space on Viewfield Road to serve as a distribution centre for the region.

The Mustard Seed picks up food from Thrifty Foods and brings it back to the warehouse, where volunteers clean the food and compost anything that’s unsuitable.

“I want to emphasize the amazing high quality of the food,” says Bolton. “They were expecting to have to compost 20 to 25 per cent of it, but it’s less than 10 per cent.”

The warehouse operates six days a week; refrigeration and freezers onsite keep food fresh, and most of the food is redistributed within a 24-hour period.

Some partner agencies pick their food up at the warehouse, while many others, like Saanich Neighbourhood Place, have it delivered. Food Rescue builds on the neighbourhood distribution model to provide food access closer to where people live and where they can connect with neighbours and other local programs. The Coalition of Neighbourhood Houses led a Food Rescue pilot and, last year, purchased produce coolers, upgrading

TOWARD A FOOD-SECURE FUTURE

Society of Saint Vincent de Paul

Working to empower marginalized populations through supportive programs in affordable housing, employment training, and emergency food services, the Society of Saint Vincent de Paul (SVDP) has been a member of the Food Share Network since the network’s creation. In 2016, SVDP received a \$40,000 Large-Scale Collaboration Grant from Victoria Foundation to continue the development and administrative support of the Food Share Network.

Victoria Native Friendship Centre

In 2016, the Victoria Native Friendship Centre received an \$18,000 Vital Grant from the Victoria Foundation for a community food educator, provided by LifeCycles Project Society. This LifeCycles educator will accompany the distribution of Food Rescue produce, and facilitate food literacy and skills workshops for First Nations as well as low-income seniors and people with disabilities.

A Leader in Food Security

Food Rescue wouldn’t have taken shape without the guidance of Oak Bay Rotarian



Brian Lamb. Friends and family established the Brian Lamb Food Rescue Fund in his memory, providing support for food rescue to address food insecurity in the Capital Region.

Coalition of Neighbourhood Houses

In 2016, Fernwood Neighbourhood Resource Group received \$16,610 on behalf of the Coalition of Neighbourhood Houses from the Victoria Foundation’s Food Security Fund. The monies were used to purchase produce coolers for agencies to store and distribute items received through the Food Rescue project. The food goes to families at the neighbourhood level across the Capital Region through community family dinners, healthy snacks for childcare programs or direct distribution of food at community centres.

“The research that’s come out on the local level about food security speaks to the importance of having programs that increase access to healthy food and the knowledge to cook it on a neighbourhood level,” says Danielle Stevenson, coordinator of the Coalition of Neighbourhood Houses. “Community centres ... reach people who aren’t reached through food banks.”

the cold-storage infrastructure in its neighbourhood houses to receive the influx of rescued food (see sidebar).

“Collaboration and funding opportunities have made it possible to initiate the Food Rescue project at this time,” says Bolton. “Without committed partners and funding, none of this would have happened. It truly is a remarkable partnership between the Victoria Foundation, Rotary Clubs, Thrifty Foods and the 40 non-profit agencies that comprise the Food Share Network.”

Going forward, the Victoria Foundation will continue to engage with its partners to extend fresh food access to the more than 30,000 “hidden hungry” in our region. The Foundation is expanding the program’s reach to local Indigenous

groups, seniors who are aging in place, and school-aged children and youth. Through a partnership with School District 61, a pilot program at Esquimalt High sees students in the Culinary Program using Food Rescue produce in their daily creations. This means more food reaches a greater number of students, and the school’s existing food budget is a little freer to purchase high-quality proteins to better support hungry kids.

“It’s all about connecting food to people,” says Bolton. “[Food Rescue] really helps offset budgets. This is food that organizations would have to pay for, but now that funding is freed up, they can use it for whatever else they need to do.”

Providing fresher food and freeing up budgets? That’s a win-win. 🍷

2

STRONG LIFE SKILLS BRIDGE THE GAP

Victoria Foundation grants help at-risk groups gain the social and economic skills necessary to live independently in the community.

Many people are vulnerable to homelessness, but youth aged 16 to 24 are the fastest-growing segment of the homeless population in Canada. Homelessness is a key issue for the Victoria Foundation: the Foundation's CEO, Sandy Richardson, has served on the board of the Greater Victoria Coalition to End Homelessness since its inception in 2008, and homelessness is one of the Foundation's strategic granting priorities.

Addressing this issue most effectively requires developing solutions "upstream," which means focusing on those at risk before they end up on the streets. In 2016, the Victoria Foundation issued grants to several local agencies focused on nurturing social and economic skills in people without stable housing to reduce the probability that they will end up on the streets.

Helping Youth at Risk of Homelessness

At Burnside Gorge Community Association, providing youth with the life skills they need now and in the future is a priority. Youth receiving government support age out of care at 19, which puts many of them — who already lack family and community support — at risk for homelessness.

"There's a ridiculous number of youth out there doing the best they can, bouncing from friend to friend and couch to couch," says Suzanne Cole, executive director of the Burnside Gorge Community Association. "There are hundreds of kids in the Capital Region that may not be considered visibly homeless; very few of them are street-entrenched. Although that's where they're headed if we don't do something"

Jody Yurkowsky Pace, director of program services at Threshold Housing, which received a \$40,000 Victoria Foundation grant. Threshold helps at-risk youth gain self-reliance through supportive transitional housing.



SIMON DESROCHERS

Modelled after Burnside Gorge's successful Family Self-Sufficiency program, its Youth Self-Sufficiency program provides support for youth aged 17 to 19 who are in foster care, on Youth Agreements or without support as they transition into adulthood. The youth participants can stay in the program for up to three years.

In 2016, the Victoria Foundation granted \$40,000 to Burnside Gorge to expand the Youth Self-Sufficiency program. The grant allowed the agency to add an outreach component that lets youth advisors take the time needed to build trusting relationships with the young adults in order to get them fully engaged in the program.

"A youth could be connected to an outreach worker and not see this building for a year," says Cole. "Our outreach workers have spent a lot of time in Beacon Hill Park and places where these kids are ... They're hitting that street community and we're trying to pull youth back from that downtown core because the bottom line is, youth will find family where they can."

Nurturing Self-Sufficiency in At-Risk Youth

Working closely with Burnside Gorge and also on the receiving end of a \$40,000 Victoria Foundation grant is Threshold Housing Society, which helps at-risk youth gain self-reliance through supportive transitional housing. The grant makes

it possible for seven additional youth to live for up to two years in supportive community-based housing while learning foundational life skills: budgeting, grocery shopping, food preparation, taxes, hygiene, housekeeping and much more.

At Threshold, a youth engagement liaison develops a case plan with each youth, helping to set goals and identify barriers to being self-sustaining.

"Our goal is to stop that trajectory of homelessness for youth before they become adults," says Jody Yurkowsky Pace, director of program services at Threshold Housing. "We're a small non-profit, so to know we have the support of places like the Victoria Foundation to make these programs happen ... We can plan to grow. We have a wait list for this organization for the youth housing. Being able to open Threshold House means seven youth are off the street."

Ultimately, the goal is to help youth gain the capacity to live productively on their own. Working toward that objective, Threshold Housing also partners with Ready to Rent BC, another non-profit that has been supported by Victoria Foundation grants, to teach youth how to navigate and satisfy the obligations of tenancy.

Empowering At-Risk Women with Personalized Goals

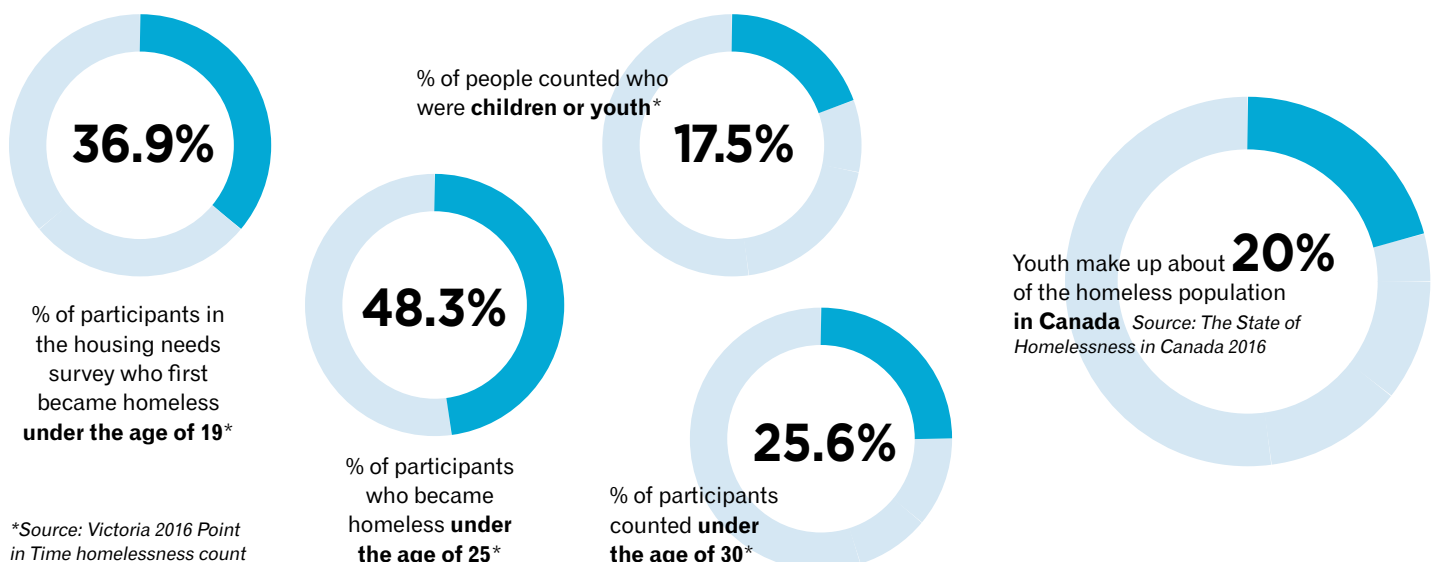
Another initiative providing support to people at risk is Rosalie's Village,

which offers supportive housing for single mothers, women who are exiting traumatic situations and women who are otherwise at risk of homelessness. The Society of Saint Vincent de Paul of Vancouver Island opened Rosalie's Village this past January, supported by a \$40,000 grant from the Victoria Foundation.

"We have 19 moms and their children," says Executive Director Angela Hudson. The grant has enabled the Society to establish a support worker to help Rosalie's tenants create plans for their transition into independent housing. "[The plans] are all individualized," says Hudson. "Which is really important because each one of the moms has a different situation."

The women receive assistance in establishing routines around their school and work schedules, budgeting, applying for grants and scholarships, and working together as a community — including reaching out to the wider community — to meet their own needs. There's a community-garden program, clothing swaps, on-site childcare and plans to train the mothers in first aid and FoodSafe so they can help one another with babysitting after hours. It's a personalized, forward-looking program targeted at empowering residents to build strong social connections, increase self-esteem and find their way toward housing sustainability. ♡

HOMELESSNESS AND YOUTH



SUPPORTING NEWCOMERS THROUGH STORYTELLING AND MENTORSHIP

Victoria Foundation grants support the community organizations helping newcomers to Canada establish a sense of belonging

From language barriers to finding a job or a healthcare provider to grocery shopping, the challenges facing new immigrants are varied. The Victoria Foundation recognizes the importance of helping newcomers establish support systems. Its Community Grants program, the Community Fund for Canada's 150th grant program and donor-advised grants support numerous organizations working in the Capital Region to assist newcomers to Canada.

Support Networks Make the Difference

For over 35 years, the Anglican Diocese of British Columbia has sponsored refugees from around the world, bringing people to Canada and helping them integrate into Canadian society. In 2015, the Diocese supported the sponsorship of five refugees, but that number soared to over 200 in 2016 due to the Syrian refugee crisis. With the crisis exacerbating the high numbers of refugee claimants worldwide, the Diocese has committed to maintaining the heightened levels of sponsorship. In support of its efforts, the Victoria Foundation provided a \$25,000 grant to enable the Diocese to train more than 500 South Island volunteers.

"There are so many people in Victoria who want to do something," says Rebecca Siebert, coordinator of the Anglican Diocese's refugee sponsorship program. "They want to take action and be involved with the solution or response."

The grant makes it possible to facilitate more training for volunteers and connect

them with tools and resources to guide a newcomer's transition.

"Now we offer training every month instead of once a year," says Siebert. Training includes areas such as obtaining permanent-resident cards and social insurance numbers, knowing how to help a newcomer communicate with their employer and finding support for expecting mothers. It even extends to the little things many Canadians take for granted, such as figuring out how to navigate higher hydro bills in the winter than in the summer.

"For a refugee to come and have a network at their disposal, to get to know the community and the culture, is massively beneficial compared to people who arrive and have no sense of the society here," says Siebert. "The volunteers are learning what it's like to have to restart life.... They're being involved in it and are feeling the success of the refugee — they feel it personally. It's a positive story."

Fostering Success with Business Mentorship

At the Victoria Immigrant and Refugee Centre Society (VIRCS), one recent project focused not only on helping newcomers settle in and adjust to Canadian society, but also on getting started with a business and using their entrepreneurial skills to further engage in the community. Through the Community Fund for Canada's 150th, a collaboration between the Victoria Foundation, Community Foundations of Canada and the federal government, the Victoria Foundation granted \$15,000

to support an eight-week workshop for 12 immigrants and refugees who were interested in developing their business ideas. Facilitated by Community Micro Lending Victoria, the series of workshops helped participants — some from Syria, some from South America — develop and market their business ideas and get a handle on taxation and licensing requirements.

"The workshops took them from point A to point Z," says Amarjit Bhalla, program manager of the Skills Connect for Immigrants program at VIRCS. "We got them to where they presented on their idea and had a business plan at the end, taking them all the way through."

Business ideas included a window-washing service, custom cabinetry and a food truck. Business coaching and mentorship is built into the program to provide ongoing support.

"The Foundation gave us the opportunity to showcase what we can do," says Bhalla. "It took a kind of chance on us that we'd be able to deliver [this program]. And the response that we got from the program is amazing. I have never seen anything like this happen, where people are lining up to say, 'When are you running the next program?'"

Sharing Stories to Create a Welcoming Community

Encouraging newcomers to share their stories is the central theme of *I've Not Always Been Canadian*, an exploratory storytelling project by the Inter-cultural Association of Greater Victoria (ICA),



"We want to hear it all. We don't want to just do the success story. There are stories like that, for sure, but as we all know, it's not easy to find yourself in a new country with a different language, a different culture, a different way of being, and leave all your social ties behind."

— Paulina Grainger, Inter-cultural Association of Greater Victoria



Participants in I've Not Always Been Canadian, a storytelling project by the Inter-cultural Association of Greater Victoria (ICA).



PHOTOS: QUINTON GORDON

supported by a \$15,000 grant through the Community Fund for Canada's 150th. Newcomers are invited to a series of four forums that explore the theme of belonging and of feeling Canadian.

"We want to hear it all," says Paulina Grainger, arts and outreach coordinator at ICA. "We don't want to just do the success story. There are stories like that, for sure, but as we all know, it's not easy to find yourself in a new country with a different language, a different culture, a different way of being, and leave all your social ties behind."

Grainger speaks of the difficulty newcomers face in finding work, especially when they are unable to use their professional expertise from back home.

"This material is very sensitive, it's very complex," Grainger says. "We have to make sure the people who come through our doors feel safe and feel they can share their stories without judgment, that they can feel they will be listened to in a caring, open way."

Through theatre exercises and small-group story circles, participants explore both the positive and difficult aspects

of moving to Canada, and then share them with the broader group. A local photojournalist is documenting the process, and ICA looks forward to rolling out a series of striking banner portraits in the fall, sharing the workshop participants' stories with the wider world.

"We're always grateful to the Victoria Foundation for supporting any of our initiatives," says Grainger. "They're validating our mission and mandate and our hope to not only settle newcomers and refugees in this community but also create a more welcoming community." 📌

In 2016, the Victoria Foundation approved a record \$2,005,232 in annual Community Grants to 98 non-profit organizations on Vancouver Island. Here are just a few of these local organizations.



SUPPORTING MODERN MILITARY FAMILIES

Canadian military families have changed, making defining and supporting the modern military family increasingly complex. Supported by a \$7,332 grant from the Victoria Foundation, the **Esquimalt Military Family Resource Centre** will continue its “This Is My Family” campaign, aimed at enhancing community integration, encouraging a greater sense of belonging and educating community partners about the unique nature of the military-family lifestyle and the diversity of military families.

Bringing Physical and Spiritual Comfort

Two out of five Canadians are expected to develop cancer during their lifetimes. An organization working to bring physical and spiritual comfort to those affected is **Victoria's Quilts Canada**. Volunteers across the country make and deliver quilts to people living with cancer, letting recipients know that they are not alone in their struggle. A grant of \$2,000 to the Victoria Branch will purchase supplies for 20 quilts to be made for cancer patients in the Capital Region.



CELEBRATING THE REGION'S DYNAMIC ART

While the **Sooke Fine Arts Society** may be most well known for its annual Fine Arts Show, it is working to create another community legacy. Supported by a \$14,500 grant from the Victoria Foundation, the Sooke Fine Arts Society Legacy Project will consist of a series of public art sculptures, inspired by Coast Salish place-based legends and realized by members of local First Nations communities. The sculptures are a tribute to the region's dynamic arts-and-culture sector, promoting community beautification and pride, and celebrating the Indigenous heritage of the region.

Protecting Salmon and the Watershed

In many parts of the province, salmon habitats are threatened by urbanization and other factors. **Watershed Watch Salmon Society's** work has benefited wild salmon runs and watersheds across B.C. for 17 years. A grant of \$10,000 from the Victoria Foundation will expand the capacity of Watershed Watch in Greater Victoria through increased public engagement around wild salmon. Watershed Watch will engage new audiences within the community, increase knowledge of their flagship campaigns and develop a more engaged public base. Together, this work strengthens the ability of Watershed Watch to further influence policies essential to watersheds, wild salmon and our ecosystems.





Creating Low-Threshold Employment

With a 12 per cent poverty rate and more than 1,000 homeless individuals in Greater Victoria, **Hope in Shadows Inc.** provides people experiencing poverty and homelessness a much-

needed low-threshold employment opportunity. Vendors for the organization, which operates in Victoria and Vancouver, sell the annual Hope in Shadows calendar and monthly *Megaphone* magazine and are provided with the skills, tools, training and support to improve their sales, better manage their finances and create stronger interpersonal and communication skills with their clients. A grant of \$25,000 from the Victoria Foundation will support a Victoria-based vendor coordinator to recruit and train new homeless and low-income vendors in the Capital Region.



ADMINISTRATIVE SERVICES HUB FOR NOT-FOR-PROFITS

Limited resources was the number-one barrier to organizational effectiveness identified by Salt Spring Island non-profit organizations in a 2012 Community Needs Survey. For these non-profits, necessary tasks such as accounting, fiscal management, information technology and back-office skills can be overwhelming and debilitating to the services that they provide. Supported

by an \$8,000 grant from the Victoria Foundation, **Volunteer and Community Resources Salt Spring Society** will explore a centralized model to help manage these tasks and address the common challenges in terms of business efficiency. The organization will explore this as a social enterprise to maximize the use of community resources/expertise and support sustainability.

Providing Space for Community Culture

Operated by the **Intrepid Theatre Company Society**, the Metro Studio is a busy 175-seat venue that is the only performance space of its size in Victoria.

Over the last 10 years, it has gone from a gymnasium fitted with used equipment to an increasingly state-of-the-art space able to meet the needs of the community it serves. A \$28,588

grant from the Victoria Foundation will allow for new black curtains, a cyclorama projection surface, a follow spot, and updates to the venue calendar software. These upgrades will allow Intrepid to better serve the 500 cultural and community productions, as well as its 50,000 audience members who rely on the space each year.



INCREASING ACCESS TO SPECIALIZED EQUIPMENT FOR INJURED SENIORS

A fall is the biggest vulnerability for someone recovering from illness or surgery. **The Canadian Red Cross Society** lends specialized mobility and safety equipment at no charge to residents



of the Capital Region, to keep them comfortable and safe as they recover at home. In 2015 and 2016, nearly 7,700 clients — 71 per cent of whom were seniors — borrowed equipment for their recovery. Through a grant of \$32,195 from the Victoria Foundation, the Canadian Red Cross will purchase hundreds of replacement parts for broken equipment as well as 400-plus articles of mobility and home-safety equipment, which will be available for loan from the Red Cross's HELP Office in Victoria.

CANADA 150



Throughout 2017, a wide variety of celebrations and initiatives are taking place thanks to the Community Fund for Canada's 150th, a collaboration between the Victoria Foundation, Community Foundations of Canada and the Government of Canada to support local projects connected to Canada's sesquicentennial celebration.

Through the fund, the Victoria Foundation has granted \$366,983 to 35 organizations — three of which are highlighted here — who will lead projects that:

- ▶ **ENCOURAGE** participation in community activities and events to mark Canada's 150th anniversary of Confederation.
- ▶ **INSPIRE** a deeper understanding about the people, places and events that shape our country and our communities.
- ▶ **BUILD** vibrant and healthy communities with the broadest possible engagement of all Canadians, including Indigenous peoples; groups that reflect our cultural diversity; youth; and official language minorities.

NICK CLAXTON



The Tsawout First Nation will lead a weekend-long workshop on reef-net fishing.

1 EXPLORING TRADITIONAL FISHING

In partnership with the International Resilience Network and with a \$8,317 grant from the Victoria Foundation, **Tsawout First Nation** will lead a weekend-long workshop about the history and importance of reef-net fishing. Marking Canada's 150th anniversary, this project will contribute to the well-being of the Tsawout community today and tomorrow as youth and Elders come together to build intergenerational resilience and understanding of this traditional practice. As the general public will be invited to an education session and the event will be live-streamed across Canada and internationally, this project will increase the public's awareness and knowledge of Tsawout traditional reef-net fishing, the colonial history and effects of banning this practice, and potential benefits for mainstream use of these traditional methods.

2 COMMUNITY CELEBRATING TOGETHER

Operated by the **Downtown Blanshard Advisory Committee**, the Quadra Village Community Centre will host a community barbecue to celebrate Canada's 150th anniversary. This community celebration, supported through a \$3,422 grant from the Victoria Foundation, will be planned, designed and implemented by young people involved with the Community Centre's Food Skills for Youth program and Youth Employment and Life Skills Group.

3 SHARING A VISION THROUGH STORYTELLING



The Right Honourable
Lester B. Pearson

Supported by a \$12,500 grant from the Victoria Foundation, **Lester B. Pearson College of the Pacific and United World Colleges Canada (Inc.)** will tell a story that is integral to the celebration of Canada's role as a peacekeeping nation for 150 years: the realization of Lester B. Pearson's dream in founding the Lester B. Pearson College of the Pacific. The project will create a catalogued archival record and physical and virtual public travelling exhibit about the vision of Canada's fourteenth prime minister in founding Pearson College. This powerful story will be available locally, nationally and internationally, creating a new awareness and pride in the hearts and imaginations of Canadians and people everywhere.



SAVE THE DATE:
TUESDAY
November 28

CELEBRATE THE SEASON OF GIVING

“It’s not all about money. It can be about giving your time, talent or treasures.”

— Victoria Foundation CEO Sandra Richardson

As the “opening day” of the giving season, GivingTuesday is when charities, companies and individuals join together to share their generosity and rally for their favourite causes.

Following the commercial zeal of Black Friday and Cyber Monday comes GivingTuesday, a worldwide movement to remind us it can actually be better to give than to get.

This November 28, the Victoria Foundation encourages all Victorians to give back in whatever way they can — to causes that give so much to the community year-round.

“It’s a time to pause and see what’s going on in our community in this really busy season,” says Victoria Foundation CEO Sandra Richardson.

This is the fifth year that the Foundation has supported GivingTuesday, and in recent years it has hosted a popular #UNselfie Facebook contest, where Victorians shared photos of themselves giving back to their community. Of the entries, two winners were randomly selected to receive \$500 to donate to a charity of their choice.

This year, the Victoria Foundation is excited to champion your GivingTuesday efforts with a new campaign. Visit our Facebook page for all the details.

Nearly 100 non-profits in the Capital Region are involved in GivingTuesday and looking for support. Please consider making a donation or volunteering your time to a favourite cause. For a full list of participants and an interactive map, visit givingtuesday.ca.

HELP GOOD GO VIRAL WITH
GIVINGTUESDAY



Clockwise from top: Concetta Anne Smith, Jane Bowers and Lisa Gordon shared photos in last year's GivingTuesday #UNselfie Facebook contest.

Watch for more about GivingTuesday on our Facebook page: facebook.com/TheVictoriaFoundation

By fostering collaboration, dialogue and capacity building, the Victoria Foundation is a local leader in strengthening the community — establishing a crucial role beyond its reputation as a funding organization.



*Recreational therapist
James Benson with a
resident of the Eldercare
Foundation's Therapeutic
Gardening program*

EMPOWERING COMMUNITY FOR LASTING RESULTS

While the Victoria Foundation is well known for its granting programs and the extensive work it does with donors to make those grants possible, the Foundation is also heavily engaged in a comprehensive approach to community building. The well-being and resiliency of the region depends on its members working together. That's why the Foundation brings together often disparate groups — non-profits, governments, interested citizens and others — to strengthen the non-profit sector and take a collaborative approach to addressing community issues.

Promoting Cross-Sector Collaboration

In 2016, the Foundation added a new grant stream to its Community Grants program, the aim of which is to support the coordination of large-scale collaborations working toward significant change in seemingly intractable issues.

"The Victoria Foundation is supporting the development of a wide, diverse network of actors who are working toward some key outcomes in the region," says Linda Geggie, executive director of Capital Region Food and Agriculture Initiatives Roundtable (CR-FAIR), whose mission is to develop healthy, equitable and sustainable food systems in the Capital Region.

While Geggie is referring to the Foundation's efforts to address regional food security, it is just one example of initiatives where the Foundation plays a significant role or acts in a leadership capacity.

Staff are also engaged in region-wide collaboratives to address literacy, active transportation, homelessness, and child and youth mental health. In addition to providing funds, the Foundation supports this work by sitting on stewardship groups; providing planning and research support; and helping to convene and connect organizations within and across collaborations.

The Foundation's role in promoting collaboration goes beyond granting. For example, with the aforementioned food-security work, they initiated the development of the Food Security Roadmap and, with CR-FAIR, co-hosted a Good Food Summit that gathered 150 people from the food sector. The success of the Food Security Roadmap subsequently led to Victoria Foundation's involvement in supporting the development of a Regional Literacy Roadmap — which in turn has led to the formation of a network called the Greater Victoria Alliance for Literacy.

The Foundation and other members of these collaborations are committed to tackling complex problems, working together to achieve meaningful outcomes for people in the Capital Region in the long term.

"By focusing on these long-term goals, we are identifying strategies that we can all get behind, as well as finding ways to better measure our progress," says Geggie. "This means coordinating our work better so that we can achieve more by working together."

"By focusing on these long-term goals, we are identifying strategies that we can all get behind, as well as finding ways to better measure our progress."

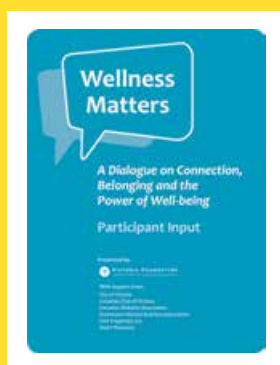
— Linda Geggie, executive director, CR-FAIR



On May 6, 2016, more than 60 stakeholders gathered for the Collective Impact Forum: Launching a Strategy Roadmap for Literacy. The Roadmap sets out a collaborative strategy and action plan to help people faced with literacy challenges in Greater Victoria.

“We talked about what it means to belong, why it’s important that we foster a sense of belonging in communities, and why it matters to individuals and to the community as a whole ...”

— Lori McLeod, executive director of the Eldercare Foundation



Get a copy of the summary report at victoriafoundation.bc.ca/wellness-matters-participant-input-report.

Community Conversations

The Victoria Foundation is continually engaged in convening community conversations to ignite discussion, identify issues and encourage cross-sector collaboration. In early 2016, it partnered with the Eldercare Foundation, Island Health and BC Healthy Communities to convene a Vital Conversation around inclusion and well-being as we age.

“We talked about what it means to belong, why it’s important that we foster a sense of belonging in communities,” says Lori McLeod, executive director of the Eldercare Foundation. “Why it matters to individuals and to the community as a whole, why it should matter to local governments, and how we can look at strengthening and making more resiliency for our aging population as a whole.

“The convening was useful in that we have three other projects where the information that we garnered has been applied,” says McLeod.

The Eldercare Foundation has used information from those Vital Conversations to partner with other groups on projects around developing resilient neighbourhoods and connecting with neighbourhood associations, police and city planners to assess opportunities for community building such as emergency-preparedness training, community task-sharing and even block parties.

Expanding the Conversation

With the goal of encouraging discourse, the Victoria Foundation spearheaded an event with the City of Victoria and other groups last fall to convene Wellness Matters: A Dialogue on Connection, Belonging and the Power of Well-being. Moderated by City of Victoria Mayor Lisa Helps, with panelists Calgary Mayor Naheed Nenshi and Khalil Shariff, CEO of the Aga Khan Foundation Canada, this directed conversation provided insights into the importance of civic engagement and its impact on community well-being and connection. The event was another example of how the Foundation is bringing groups together to spark conversation and inspire and channel action.

Strengthening Local Organizations

Beyond changing how they support collaboration with granting and through

community discussion, the Victoria Foundation is leading initiatives that foster resiliency and sustainability for charitable organizations working in the Capital Region. One such example is 21st Century Non-Profits: Transforming for Greater Impact, presented by the Victoria Foundation in partnership with Scale Collaborative. Currently working with its second cohort, the goal of this program is to help non-profits shift out of a grant-to-grant survival mindset and into more diversified financial sustainability. By doing this, the Foundation believes that individual organizations will become more stable and thus be able to deliver greater social and environmental impact.

Eight non-profit organizations took part in the first cohort of 21st Century Non-Profits, each sending three members of their senior leadership teams to participate in a series of workshops and coaching.

Goals included bringing about new ways of working together as a sector, says Scale Collaborative co-founder Kristi Rivait. Examples of guiding questions are: What are our limiting beliefs about money? What are the ways we can leverage differently the assets and capacities we already have? How can we incorporate new streams of revenue and an entrepreneurial mindset to strengthen the work we do?

Rivait is aware of current shifts in the funding climate and is eager to build capacity among organizations to respond to and thrive under these shifts.

“Grants are not able to provide enough funds to address the big challenges non-profits are trying to solve,” says Rivait. “If we are serious about solving issues in our communities, we need to get serious about finding funding and financial models that support the scale of change required.”

The Victoria Foundation’s support has enabled these groups to benefit from the idea that more financially robust and diversified organizations are better able to advocate, collaborate, scale and fulfil their missions.

“[The Foundation has] provided the ability for local organizations to participate at an affordable cost, to build relationships and to share expertise and the lessons learned through the cohort experience,” says Rivait. 

COMMUNITY KNOWLEDGE CENTRE



CONNECTING PEOPLE WHO CARE WITH CAUSES THAT MATTER®



Discover charities working on local issues that matter most to you.

The Community Knowledge Centre (CKC) is an online resource for our community and our community leaders, business people, donors, non-profit organizations, and education institutions on the different organizations working in various areas of need in our community.

Visit the Community Knowledge Centre site ckc.victoriafoundation.bc.ca and...

DISCOVER a comprehensive list of organizations that matter most to you. Search by region, people or *Vital Signs* issue areas.

CONNECT through reading amazing stories, watching videos and linking with the people and organizations who understand the issues and are making an impact.

GIVE to a cause that matters and donate directly from a CKC profile page, or contact the Victoria Foundation for assistance with your giving decisions.

*comprehensive
list of organizations*



*engaging
videos*

Start your search with this user-friendly site
ckc.victoriafoundation.bc.ca

“GRAND FAMILY” SUPPORT

THE **GRANDPARENTS RAISING GRANDCHILDREN NATURE CAMP**
GIVES THESE FAMILIES SPECIAL TIME TO CONNECT.



While the moniker “grand families” does bring to mind exceptional familial commitment, it’s also the term used to distinguish the special kinship involved when grandparents raise their grandchildren. It’s a dynamic Parent Support Services of BC knows comes with unique opportunities and challenges — recognizing there are currently more than 11,000 grand families in B.C.

That’s why, last year, the organization created the Grandparents Raising Grandchildren Nature Camp — an outdoor opportunity offered on Galiano Island to give a much-needed respite to families who rarely find it. The camp received a grant through the Victoria Foundation’s Adoption and Permanency Fund of BC, to help grand families from all over the province attend.

Thanks to the Foundation’s involvement, donors are able to have a direct impact on the lives of these families, while Parent Support Services can focus on its important work. With two camps held last year, and hopes of additional camps this summer, the experiences are earning recognition.

“Sometimes, when grandparents step up to offer care, it’s a crisis that created the situation,” says Parent Support Services executive director Carol Madsen. “Often, the grand families are grieving what has happened to the parents — whether they’ve passed away, are institutionalized or drug addicted — and there is a burden of guilt and shame. Often, both kids and grandparents feel like others can’t identify with them, and these camps give them the opportunity to meet others who share a commonality.”

Family Bonding

Cathy, who prefers to remain anonymous for family privacy, is raising three of her grandchildren and says last year’s camp marked a positive turning point for her family.

“If we weren’t able to come to Galiano, the kids wouldn’t get a holiday, and I wouldn’t have those much-needed 20 minutes to myself — it means more than anything,” she says. “When you’re working, and you have kids and life is happening around you, you struggle to get out for a picnic on the weekends. Coming here, you get to relax, you get to be with other grandparents. The kids get to see that they’re not the only ones in this position. It’s really special.”

Due to the complex nature of these families,

Madsen says compounding challenges often result from the unexpected turn of events when care is required.

“When grandparents take on care, they may not recognize the ramifications,” says Madsen. “These are often adults who are expecting to spend the next couple of decades travelling around in their RV, and suddenly everything changes. They may be in their advanced years, or be living on a fixed income, and we can see these families spiral into poverty, or sometimes tensions crop up within families because these aren’t the only grandchildren. Now they are grandma to one child and a parent to the other. It can be really hard.”

One of the goals of the camp is to offer grandparents as much pampering as possible, even for only a night or two. Staff and facilitators care for the children and make the meals, while both grandparents and children can relax and connect with each other and new friends.

Back to Nature

Noreen, who also wishes to remain anonymous, is raising her three grandchildren and attended both camps last year. She said her kids couldn’t wait for the adventure the second time.

“The kids had their bags packed for a week [before], and every night was, ‘How long until Galiano?’ They love it so much,” she says.

“I don’t have to worry about them at all, and last year was amazing because, for all those children, there wasn’t one argument the entire time. It’s like a breath of fresh air.”

In the 2011 Census, over 76,000 grand families were identified across the country. Madsen says there are likely more today, and notes the statistic doesn’t take into account the families led by other kin, such as aunts, uncles and steps.

“What we know is that the grandparents say they would do it all again if they had to. Research shows being able to keep a family together means a lot to the kids,” says Madsen. “And we hear from these families the impact this camp has had for them — they are closer now than before.”



“Coming here, you get to relax; you get to be with other grandparents. The kids get to see that they’re not the only ones in this position. It’s really special.” — Cathy, grandmother



VICTORIA FOUNDATION

CONNECTING PEOPLE WHO CARE WITH CAUSES THAT MATTER®

VICTORIA'S VITAL SIGNS® measures the health of our region and reports citizens' grades in a number of areas critical to Victoria's vitality.

QUALITY OF LIFE IN GREATER VICTORIA

This year's survey participants were once again generally very positive about their quality of life and feelings of connectedness to their community.

86%

WOULD DESCRIBE THEMSELVES AS **HAPPY**



74%

ARE HAPPY IN THEIR JOB AND SATISFIED WITH THEIR WORK

69%

rate their general sense of **physical well-being** as high.

75%

rate their general sense of **mental well-being** as high.



71%

AGREE OR STRONGLY AGREE THAT IT IS EVERY CITIZEN'S DUTY TO ENGAGE IN ACTIVITIES THAT STRENGTHEN DEMOCRACY.

70%

rarely or very rarely **felt lonely** over the past week. Eight per cent have felt lonely often or very often.

20%

feel uncomfortable at least sometimes as a result of **discrimination**.

26%

feel high or **overwhelming stress** associated with personal finances.

48%

volunteered their time with an organization at least once a month.

66%

ARE SATISFIED WITH THEIR WORK AND HOME LIFE BALANCE



FEEL IT IS LIKELY OR VERY LIKELY THEY WILL BE LIVING AND WORKING IN GREATER VICTORIA 10 YEARS FROM NOW

68%

FEEL THEY HAVE THE OPPORTUNITY TO MAKE A DIFFERENCE IN THEIR COMMUNITY OR CITY.



Get your copy of VITAL SIGNS at **VICTORIAFOUNDATION.CA** or at #200-703 Broughton Street in Victoria, BC.

FEATURE STORY

What Does it Mean to Belong?

Belonging is about feeling like an accepted and contributing part of a community. We look at how strong social relations, a sense of engagement and a desire to contribute define what it means to belong.



Victoria resident Eddie Mack of the Yuuhtliithaht First Nation (Ucluelet) at the Moss Street Market, a place that represents inclusivity and community.

+ 4 Profiles of Belonging

A look at what belonging means for Greater Victoria's Indigenous people, newcomers, youth and seniors and how local efforts are working to strengthen belonging for these population groups.

MILESTONES

A year of important changes, events and activities at the Victoria Foundation

2016

MAY

VITAL SIGNS FOCUS GROUPS

Select leaders and area experts helped us re-examine our annual *Vital Signs* report, providing valuable input on improvements.

JUNE

BOARD MEETS AT ESQUIMALT LONG HOUSE

Our June Board meeting was attended by chiefs from several area First Nations and hosted by the Esquimalt Nation in their long house.

AUGUST

CANADA 150 MOSAIC

A mural made up of 864 tiles commemorating Canada's upcoming 150th anniversary and the Victoria Foundation's 80th anniversary was created by residents over two days. It now hangs outside the Central Branch of the Greater Victoria Public Library.

SEPTEMBER

VICTORIA FOUNDATION DAY

To celebrate our 80th anniversary, the Foundation welcomed the public to tour 25 local venues for free on September 17. Thousands of citizens visited the Bateman Centre, Boulders Climbing Gym, Abkhazi Garden and more.

OCTOBER

VICTORIA'S VITAL SIGNS®

The 11th edition of our popular report on the vitality of the region focused on the theme of "belonging."

WELLNESS MATTERS

Hosted by the Victoria Foundation at the Victoria Conference Centre, Mayor Lisa Helps moderated a conversation between City of Calgary mayor Naheed Nenshi and Khalil Sharif, CEO of the Aga Khan Foundation Canada on "Connection, Belonging and the Power of Well-being."

NOVEMBER

RANDOM ACT OF KINDNESS DAY & GIVINGTUESDAY

Back by popular demand, these two days celebrated giving back to our community.

DECEMBER

GRANTS ANNOUNCED

A record \$2 million in community grants was awarded to 98 non-profit organizations on Vancouver Island, bringing the total amount awarded in 2017 to over \$15 million — and over \$175 million since the Foundation began in 1936.

STAFF NEWS

Alison McCluskey joined the Finance Department as Finance Manager.

2017

JANUARY

STAFF NEWS

Lindsay Auld joined us from the Winnipeg Foundation, temporarily replacing Finance Administrator Nathan Lapointe while he was on leave until the end of March.

BOARD & COMMITTEE CHANGES

Jo-Ann Roberts joined the Board, and Zaman Velji joined the Investment Committee.

FEBRUARY

CANADA 150 GRANTS

35 organizations received over \$350,000 to support projects connected to Canada's sesquicentennial.

MARCH

FOOD RESCUE DISTRIBUTION CENTRE

Local Rotary Clubs, Thrifty Foods stores, The Mustard Seed and the Food Share Network joined with the Victoria Foundation to launch this major food-recovery facility that is shifting up to 2,000 kg/day of perishable food items from composting to being provided to vulnerable populations in the region.

APRIL

ANNUAL LEADERSHIP AWARDS

Habitat Acquisition Trust received the 2017 Victoria Foundation Community Leadership Award. The award recognizes an organization that is building community capacity and achieving positive change.

BOARD & COMMITTEE CHANGES

Lisa Moore was appointed to Finance & Audit Committee.



The Canada 150 Mosaic at the Greater Victoria Public Library

Victoria, TELL US WHAT YOU THINK!

ADD YOUR VOICE

Take the **2017**
Victoria Vital Signs®
survey and rate the
issues important to you!

MAY 8
to
JULY 1

Take the survey online
at victoriafoundation.ca
or scan the code to take the
survey on your mobile.



VICTORIAFOUNDATION.CA

CORPORATE DONOR

PURICA CORPORATE FUND FINDING EASE THROUGH SERVICE

Trevor and Marnie Watkin have been passionate about supporting their community since before they became a couple and started their own business. Growing up in the Cowichan Valley, both came from families who loved to contribute. When Trevor and Marnie married, they remained committed to the idea that they wanted to make a difference.

The two launched their family business Purica — with Trevor's brother Jason and his wife, Anna — a whole food and natural supplements company, based in Duncan. With so much support from their community, they wanted to find a meaningful way to give back and worked with the Victoria Foundation to create the Purica Foundation Fund to help generate and receive charitable donations.

"We are very fortunate, and we were raised to focus on giving back," says Trevor.

"To be in that position feels so good, and we wanted to look at making an impact on a larger scale. Starting a charity is actually a really complex process and can be very costly in itself, so we were fortunate to be able to work with the Victoria Foundation, which just made everything easier."

TAKING CARE OF DETAILS

Trevor attributes much of the successful startup of their fund to the Foundation, which took care of the "back office" details — from accepting gifts and receipting donations to preparing thank-you letters to donors and providing regular fund statements — allowing the Purica team to focus on fundraising.

The Purica team is able to raise money within their community and direct the funds as they like. For its first year, the team raised money for an initiative to feed children in local schools. Now they'll be

focused on making a contribution to hospice care in Duncan.

"Our company is all about living life to the fullest, and the organizations we're supporting have similarly aligned missions," says Marnie.

"Hospice care, for example, is something we really see a need for in this community. So many people are impacted by this — and even in death, life can be a beautiful thing. We've taken a lot of time to decide this is the direction we want to go."

When Purica's board made the decision to dedicate funds to hospice, Marnie says it was touching to see the way each person resonated with the topic. Of the estimated 80 per cent of people who would choose to die at home if they could, only 20 per cent are able to do so due to acute care needs. With a proposed facility dedicated to providing 24-hour care, full-time staff and volunteers offering everything from massage and reiki to counselling and spiritual care, more families will be able to have a peaceful, home-like experience.

FUNDRAISING INITIATIVES

The Purica team will hold a number of fundraising initiatives in the community this year, including a major gala event in November, to raise funds for this and the other causes they believe in — from



Marnie and Trevor Watkin of the Purica Foundation Fund

SIMON DESROCHERS

children and social development to support for adults and seniors to animal welfare.

"We're really excited to be able to put more effort into making the world a better place," says Trevor. "Our community means a lot to us — they've certainly supported us — and we're just passionate about giving back in a bigger way than we have before."

Marnie says it's the commitment and passion she sees in her fellow community members that make her so proud.

"There are so many amazing people here who want to give and help," says Marnie. "This is just another way we can help those people find a safe and meaningful way to contribute — we want to make it as easy as possible for them to be involved, in whatever way they can."



Supporting Community and Culture

Joan McCarter cared deeply about the arts. As the daughter of a celebrated architect

whose firm was responsible for many of B.C.'s outstanding buildings, McCarter knew the value of supporting culture. That's why estate lawyer John van Cuylenborg, alternate executor of the McCarter estate, works with the Victoria Foundation ensuring McCarter's legacy lives on.

"It's an honour to have the opportunity to play a role like this and help transition wealth from private to public in this way," says van Cuylenborg. "The Foundation is deeply aware of its community, and this is a fulfilling way to make someone's lifelong commitments stay in the forefront. Even after her life, Joan is able to make Victoria a better place."

McCarter's estate is one of the largest the Victoria Foundation has received. Brian Lamb was the former executor of the estate until his recent passing, placing van Cuylenborg in the position of facilitating the estate gift. Lamb, a professional advisor and Rotarian, had great influence on the establishment of the Food Rescue project and supported McCarter in her deliberations about how best to dedicate her legacy.

CONFIDENCE IN ONE'S LEGACY

"Joan wanted her legacy to do something great and support the organizations she believed in," says van Cuylenborg. "During her lifetime, she was able to work out with Brian and the Foundation how best to disperse her gift, and she spent a great deal of time setting those parameters. That groundwork is essential in helping someone feel confident about their legacy."

Since McCarter's passing in 2015, the Joan C. McCarter Foundation has supported the Salvation Army, Pacific Opera Victoria, Victoria Symphony, Victoria Conservatory

of Music, Vancouver Recital Society, Vancouver Opera and YWCA Vancouver. The Vital Victoria Fund will also receive over \$192,000 annually for its community granting program, thanks to McCarter.

While van Cuylenborg says McCarter was a fairly private person, it's no secret how dedicated she was to her community. After the passing of her father, John Young (Jack) McCarter, she spent time travelling through Europe and Asia and became a

founding member of the Canadian Society for Asian Art and the Victoria Asian Arts Society, among others.

"She was quite fiscally conservative, so it appealed to her, this idea that, with the Victoria Foundation, her funds could be managed in perpetuity, how she saw fit," says van Cuylenborg. "To contribute in this way meant a lot to her, and her support will sustain a number of initiatives long into the future."

A LASTING IMPACT

As a retired wildlife biologist and author, **Ron Jakimchuk** has dedicated his life to the natural world. He's also aware that he won't always be here to play a role in that support. So with the help of his trusted accountant, Allan Neale, and the Victoria Foundation, Jakimchuk will let his gifts do the work for him, long into the future.

"Ron is very passionate about the organizations he cares about, but he knows organizations can change due to the funding they receive — or don't — and he wants to help ensure the longevity of these groups," says Allan Neale, a consultant with Collins Barrow Victoria Ltd., who introduced Jakimchuk to the Foundation. "He was really impressed with the Foundation, and with its conscientious fiscal management."

Thanks to this, Jakimchuk has established the Ronald D. Jakimchuk Foundation for Wildlife and Biodiversity Research, which will support the acquisition, preservation and dissemination of natural historical information on native wildlife in B.C. and will specifically support the Biodiversity Centre for Wildlife Studies. The Centre focuses on acquiring field notes and other data from naturalists and professional biologists and on maintaining an archive of unpublished data to be made available to researchers.

"No one else is doing the work this Centre is doing, and with virtually no support," says Jakimchuk. "I've been interested in wildlife all my life, starting with a career in Edmonton that turned into one of the first consulting companies dedicated to studying the human impact on wildlife. I'll never stop being interested."

TO HONOUR ONE'S LIFE WORK

Today, Jakimchuk says he still goes out birding every day, with his dog by his side and a pair of binoculars around his neck. Despite an uncommon profession, Jakimchuk's initiative speaks to the valuable motivation of creating a fund to honour one's life work and passions.

Jakimchuk also celebrates Neale, a member of the Fellowship of Chartered Accountants, as being responsible for his decision to create his fund. Neale initially became involved with the Foundation through his own experience as a member of the Rotary Club of Victoria, and helped the club establish two endowment funds with the Foundation to dedicate its efforts to community projects.

Jakimchuk is thrilled his gifts will continue to make an impact into the future. "Wildlife is important to everyone, and if we want to have an impact, we can do so by appreciating what's right outside our door," says Jakimchuk. "I have nothing but respect for organizations committed to doing something worthwhile in their communities. They are worthy of our support."



Preserving a Legacy

Dorothy Kelly wasn't the kind of woman who would be talked into something on the spot.

According to Murray Wiseman, a professional chartered accountant with Wiseman & Mills and executor of the Dorothy Kelly estate, she was thoughtful, practical and deliberate. It's little wonder she spent over two years working with Wiseman and estate lawyer Mark Horne to create her legacy. Through careful planning, Kelly dedicated a portion of her estate to the Victoria Foundation.

"Throughout her life, Dorothy donated to many charities and it was a real challenge for her to decide how best to support them through her legacy," says Wiseman. "I can remember the look of relief on her face when we told her she didn't have to come up with absolute numbers — that we knew what she'd done in her lifetime and the Foundation could work with us to ensure it would still go to the organizations she cared about."

As with all legacy gifts, Kelly had the opportunity to ensure her contributions would continue to support the causes she believed in. It's one of the most significant ways to ensure an impact lives on, says Wiseman.

Since her passing in 2014, Kelly's estate has benefitted 11 charitable organizations, including the United Way of Greater Victoria, Children's Health Foundation of Vancouver Island, Victoria Hospice and the Canadian Council of the Blind. Over \$108,000 was also directed to the Food Security Fund created by the Victoria Foundation.

While she never had children of her own, Kelly had many close relatives, but felt her estate should go toward those in need. She was active in her community and sports throughout her life and had many connections that influenced her passions.

"She knew her legacy would be in good hands with the Foundation — they could best determine the need, with our discretion," says Wiseman. "At the end of the day, there was a common theme to who she supported, and it always made a difference to those in her community."

THE STOFFELSMA BEARE FAMILY LEGACY FUND

In April 2016, Nathaniel Stoffelsma and Kimberley Beare received the news every parent dreads — their four-year-old son was diagnosed with a rare form of pediatric cancer.

In only a few weeks, Alex went from being a healthy boy to showing flu-like symptoms to being on life support in the PICU at BC Children's Hospital in Vancouver. He was diagnosed with acute myeloid leukemia (AML), an aggressive form of cancer found in only 20 per cent of pediatric leukemia cases. Unfortunately, the prognosis for AML is poor — only a 65 per cent chance of survival.

"We had a robust little boy, skiing with his family, just three weeks earlier," says Stoffelsma.

"It's not something you can get your head around. You just want to get home and get your life back to normal. But we also

didn't want things to go back to normal. This was a pivotal moment in our lives that we felt so fortunate to get through. We wanted to ensure we changed our lives to make a difference."

The family decided to work with the Victoria Foundation to create the Stoffelsma Beare Family Legacy Fund, a fund dedicated to researching their son's rare disease and supporting other families experiencing difficult times. With the fund, this young family will be able to raise awareness of this rare disease and carry out their charitable legacy.

"This is a world we never expected to enter, but right away we saw how much support was needed," says Beare. "This isn't a form of cancer that receives a lot of research, because it's so rare. We want to prevent other families from having to go through this."



SIMON DESROCHERS

IN MEMORIAM

The Victoria Foundation lost a number of supporters over the past year. Our condolences to their families and friends. They will be missed.

FUND HOLDERS:

ANNE STEERS (December 20, 2016) had established the Ernest and Anne Steers Fund during her lifetime to support the many charities that were important to her and her late husband. She also left the residue of her estate to the Victoria Foundation, which will provide more support to the causes that she and her husband cared about.

SYDNEY ELIZABETH RUSS (April 17, 2016) established a donor-advised fund in 1997 and provided for a cash legacy in her will. The Elizabeth Russ Fund will continue to support services to women and children with particular emphasis on emerging needs.

MARGARET HUNTER MAIR (March 3, 2017) and her late husband established the Ian and Margaret Mair Fund, a donor-advised fund, in 1998. The fund is now a discretionary fund and will support the Victoria Foundation's community granting program.

Beare and Stoffelsma were always interested in philanthropy but say they didn't have a core philanthropic focus until their son's illness. They also wanted their kids to be involved in fundraising and show them the impact it can have. The experience has made them deeply aware of how fortunate they are as a family.

"We've really learned not to sweat the small stuff or take anything for granted," says Beare. "People talk about this kind of work, fundraising, as being almost therapeutic, and it is. It gives you some control to know you are doing everything you can to help."

Alex endured four rounds of chemotherapy, countless blood transfusions and nearly four months in protective isolation in the hospital (including another trip to the ICU in heart failure secondary to a viral infection). Happily, he is now in remission. While the checkups will continue for years to come, his family has hope that Alex will be one of the lucky ones.

"I hope that in 30 years from now, I'll be sitting around the dinner table with Alex and we'll be talking about this experience and the impact it had, and we'll tell him how we changed our lives, and changed the world, with research for AML," says Stoffelsma. "I want to look back and be able to let him know we made a difference, because we could, and because of him."



VICTORIA CIRCLE



SIMON DESROCHERS

Win and Arnold Stewart are members of the Victoria Circle, which includes individuals who have indicated to the Victoria Foundation their intention to make a future gift through a bequest, life insurance policy, RRSP or RRIF, tax free savings account, charitable remainder trust or other estate plan.

Donors join the Victoria Circle for various reasons: to bring about awareness of the lasting impact charitable giving can create, inspire greater giving, fuel the dreams of future generations, engage families and friends in charitable giving or thank a community that has enriched their lives.

To learn more about the Victoria Circle, contact Donor Services at 250.381.5532.

CHRIS ALLAN LEGACY FUND

Chris Allan was the kind of person who would drop everything he was doing for a friend who needed a hand.

He was a decorated captain in the Royal Canadian Air Force, living his dream flying CF-18 fighter jets. He was an avid outdoorsman, an accomplished downhill ski instructor and a saltwater fishing guide. He was admired by his colleagues and friends, and would go out of his way to help his community.

In October 2015, Chris was only a month away from marrying the love of his life when he tragically lost his life while fishing with friends near Campbell River. He was just 31 years old, and his family was devastated.



While nothing could bring him back, his parents, David and Debbie Allan, brother Doug, sister Jennie and fiancée Julie Martindale had a vision to carry on Chris's impact in the community in a positive way for years to come. They worked with the Victoria Foundation to create the Chris Allan Legacy Fund — a long-term fund that will support the causes that Chris believed in. In their time of grief, David and Debbie felt that this was a way for the family to start the healing process.

"Victoria was such an important place to Chris," says Debbie. "His great-grandfather purchased a property in North Saanich in 1942 which became a favourite family gathering place. It was also a place Chris would often go to because of his love of fishing and water and nature. Working with the Victoria Foundation seemed a wonderful way to turn this tragedy into something meaningful. They were incredible in our time of need."

The fund was set up almost immediately after the news of Chris's death and has already supported a number of initiatives that David and Debbie say Chris would have cared deeply about: Canada Company Military Employment Transition Program, the Campbell River Salmon Foundation and a fund supporting Thomas McQueen, a fighter pilot killed in the CF-18 crash last year, who flew with Chris in Cold Lake, Alberta. *(Continued on page 32)*

OTHER DONORS WHO HAVE GENEROUSLY SUPPORTED THE VICTORIA FOUNDATION THROUGH THEIR ESTATE PLAN:

ROGER JOSEPH BISHOP (March 30, 2016) left a generous cash legacy gift in his will. This fund will support his interests in the arts and palliative care.

ANNIE MONIQUE DAGUET (June 13, 2016) left part of the residue of her estate to support local charities through the Victoria Foundation's community granting program.

JOYCE REBECCA KIRBY (July 26, 2016) named many charitable organizations in her will to receive cash legacies, and named the Victoria Foundation as a residual beneficiary with the monies to support the Vital Victoria Fund.

BRIAN J. LAMB (January 27, 2017) had a long-standing relationship with the Victoria Foundation. A fund was established in Brian's name by family and friends to support food security, a cause he was passionate about.

"This fund is also an opportunity to provide philanthropic leadership in our son's name," says Debbie. "We get to choose where this money goes, which I love, because it gives us the latitude to see what would have spoken to Chris. It's also a really important tool to help us constantly stay connected to each other, and carry on with Chris in our hearts."

Thanks to the fund, David says, the family regularly meets to talk about Chris and to decide where the monies should be directed. While attending these meetings can be difficult for some, it gives extended family members the opportunity to stay in touch as they keep Chris's memory alive.

"It's hard to accept the loss of your child — the hardest thing a parent could face," says David. "We all loved him deeply, and this active Fund brings him front and centre in conversation and enables us to create a legacy for Chris. Our son was a remarkable young man, and we want to embrace that leadership and carry it forward, since he can't be here to do it himself."

VICTORIA CONSERVATORY OF MUSIC

Since 1964, the Victoria Conservatory of Music has been bringing world-class artists to its community.

It's one of the largest music schools in Canada, and over 4,500 students of every age and ability have benefited from the Conservatory's influence. And, with professional concerts and programs scheduled at the Conservatory's Alix Goolden Hall 280 days a year, Victoria has been the recipient of many outstanding performances.

Thanks to a recent change in criteria, the Conservatory is now eligible to participate in a matching endowment fund program for not-for-profit professional arts organizations.

The Canada Cultural Investment Fund, created by the Department of Canadian Heritage, provides matching funds, up to one dollar for every dollar raised. These monies create new endowment funds or enhance existing funds and help to establish long-

term sustainability for the organizations involved.

The Conservatory worked with the Victoria Foundation to take advantage of this matching program, enabling them to add to their existing fund with an 89 per cent match in 2016.

"We couldn't be more thrilled that we were approved this year," says Jane Butler McGregor, CEO of the Victoria Conservatory of Music. "We did a dance of joy."

"To keep tuition affordable and ensure anyone can access the school, we have to raise 35 per cent of our funding to keep our doors open. We've worked with the Victoria Foundation for a long time. They do a wonderful job of managing our funds."

For years, the Foundation has facilitated these kinds of gifts for many local arts organizations, including Ballet Victoria, Belfry Theatre, Canadian College of Performing Arts, Open Space Arts Society and more. Gifts of all sizes can be made through the arts organization, or directly to the Foundation, for the purposes of the organization's endowment fund, and, with matches up to 100 per cent, every contribution counts. All gifts are held in perpetuity, while the annual grants from the fund act as a continuing source of support for the arts organization.

Butler McGregor says the Conservatory's program, including scholarships and

VITAL VICTORIA FUND

Many donors choose to make their gifts to this fund, allowing the Foundation to respond to critical issues in the community as they arise. When this fund receives support from donors, it allows us to be flexible and responsive. Grant decisions, made annually by our Board of Directors on the recommendation of our Community Engagement Committee, support the needs identified through our *Victoria's Vital Signs*® report. Current strategic priorities for the Vital Victoria Fund are homelessness and housing and food security.

To find out more, ask about our latest *Make It Happen!* booklet, which summarizes annual grant applications supported by the Vital Victoria Fund.



Thanks to a recent change in the federal definitions used for arts organizations, the Conservatory is now eligible to receive the matching endowment fund opportunities for professional arts organizations.

bursaries, is able to survive, in part, thanks to the partnership with the Foundation and interest earned from their endowment fund. With over 42,000 audience members going through their performance hall every year, she knows how much this means to the community.

"Our youngest student is four months old, and our oldest is 103 years old," says Butler McGregor. "We're able to bring music to this community, including marginalized populations, because of the support we receive."

SOOKE FINE ARTS SOCIETY

Many Islanders are familiar with the Sooke Fine Arts Society — its annual show, which has been operating for the past 31 years, is lauded as the premier art event on Vancouver Island, with artists contributing from the entire region, including the Gulf Islands and Haida Gwaii.

But few people realize it takes more than 300 volunteers over 10,000 hours each year to put this show on — often with little funding to support their efforts.

Thanks to a generous estate bequest recently left to the Society, the organization has had its first opportunity to work with a gift for the long term, and has partnered with the Victoria Foundation to create a fund that will promote the importance of art in perpetuity.

While the group will be running things “pretty well as usual,” says Executive Director Christa Rossner, now they can do even more. Specifically, they plan to launch a scholarship program dedicated to youth who want to pursue art in their post-secondary studies. Two scholarships a year will be gifted out, thanks to matching funds provided by the Victoria Foundation, in an effort to expand the mission of the Society and the artists they hope to one day promote.

Supporting Creativity

“Fine art and creativity give us the chance to see what’s deeply rooted in us as humans — and celebrating that is important,” says Rossner. “We know students involved in art develop better language and problem-solving skills, and their minds can think around what’s ‘usual’ to create something extraordinary. There would be no IBM or Apple if someone hadn’t been willing to create something that had never been done before.”

While the Society has received funding from the Victoria Foundation in the past, Society President Geraldine McGuire says it’s grateful for this new opportunity.

“The Foundation has been an incredible resource and has taken care of the fine details for us,” says McGuire. “They were able to walk us through the process and give us so many options. Working with them has been a big win for our organization.”

This year’s annual art show will run from July 28 to August 7. The Society will open the competition for the scholarships at that event.

RANDOM ACTS OF KINDNESS

Reach out and make a difference

NOVEMBER

3

Ever been at a coffee shop, pressed for time, grumbling about traffic and lineups, the rain, your utility bill, the world ... and then you pull out your wallet to pay and the barista says, “The person ahead of you already paid for your coffee. Pass it on!”

You’ve just experienced the magic of a random act of kindness.

Suddenly, everything just feels better. You can even see the sun peeking from behind the clouds. Traffic flows smoothly and you actually arrive at work with a smile on your face and offer to help your co-worker complete a task, just because. Later in the day, you overhear that co-worker offering to help someone else.

The power of unexpectedly kind acts is so impactful and so contagious that there’s actually an official Random Act of Kindness Day each year. This year, the day is Friday, November 3.

“It’s a day devoted to encouraging us to do something nice for the people around us — from family and friends to complete strangers,” says Victoria Foundation CEO Sandra Richardson. “The hope is that by doing kind acts for others, they will in turn pay the kindness forward in some way.”

Launched in 2008 by the Kitchener and Waterloo Community Foundation, Random Act of Kindness Day has now spread its positive message throughout Canada, bringing Canadian communities together by engaging businesses, organizations and people to commit small acts of kindness and generosity.

“A random act of kindness could be anything from bringing a bouquet of garden flowers to an elderly neighbour to buying a coffee for the next person in line,” says Richardson. “It might only take a minute of your day, but the positive effect is lasting.”

Prior to November 3, “kindness cards” will be circulated throughout Greater Victoria. These cards encourage cardholders to perform simple acts of kindness for someone — a neighbour, a friend, a co-worker or someone they don’t even know — then hand the card over to that person, encouraging them to do the same. Some of the activities leading up to November 3 include:

- On Vancouver Island, community foundations in Parksville/Qualicum, Nanaimo, Port Alberni and the Tofino area are all promoting Random Act of Kindness Day.
- In Greater Victoria, the Victoria Foundation is coordinating the day’s activities, along with Island Savings, the Times Colonist and Heart Pharmacy. Victoria Foundation staff and other businesses and non-profits around town will be promoting kindness in a variety of ways.
- Local schools are being provided with smiley-face cards for students to decorate, colour and share positive messages. The cards will then be delivered to retirement homes across Greater Victoria to help bring a smile to seniors.

The Victoria Foundation encourages everyone to pass on the positive message about Random Acts of Kindness Day through social media, using the hashtag #RAKdayYYJ. Let’s all make kindness contagious again this year. So go ahead, #passiton.

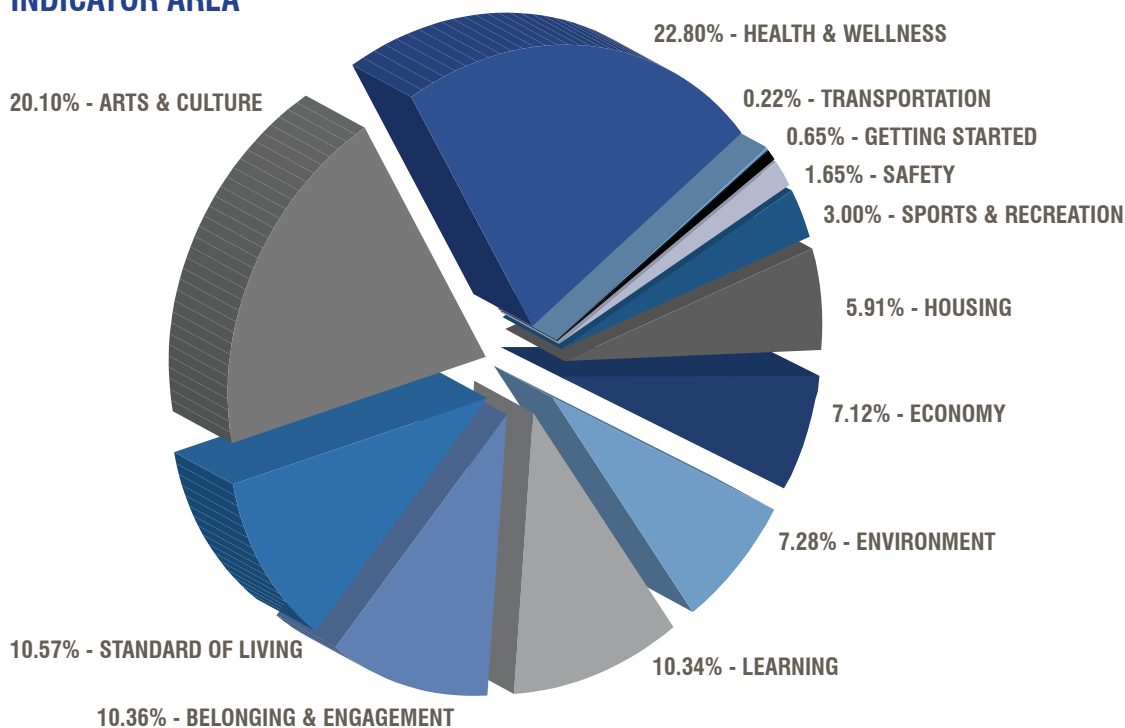
“When you are kind to others, it not only changes you, it changes the world.”

— Rabbi Harold Kushner

2016 VICTORIA FOUNDATION BY THE NUMBERS

WITH OUR 80TH ANNIVERSARY IN 2016, WE HAD AN EXCITING YEAR OF GROWTH, NEW INITIATIVES AND EXPANSION. WE DISTRIBUTED A RECORD 98 COMMUNITY GRANTS TOTTALLING OVER \$2 MILLION TO LOCAL CHARITIES AND OVER \$366,000 IN GRANTS FOR CANADA 150 PROJECTS, A UNIQUE NATIONAL GRANTING OPPORTUNITY TO SUPPORT COMMUNITY INITIATIVES AROUND CANADA'S 150TH ANNIVERSARY. FOR MORE 2016 HIGHLIGHTS, OR TO VIEW OUR COMPLETE AUDITED FINANCIAL STATEMENTS, PLEASE VISIT VICTORIAFOUNDATION.CA

2016 GRANTS BY VITAL SIGNS INDICATOR AREA



**OVER \$15.5 MILLION
IN GRANTS DISBURSED**

\$8.1M ENDOWED GRANTS
\$7.4M NON-ENDOWED GRANTS



**SUPPORTED 424
ORGANIZATIONS**

35 OF THESE RECEIVED
CANADA 150 GRANTS

1,241 GRANTS DISTRIBUTED

INCLUDING GRANTS
FOR CANADA 150
PROJECTS



TOTAL ASSETS UNDER ADMINISTRATION OVER \$316 MILLION

INCLUDING 33
NEW FUNDS



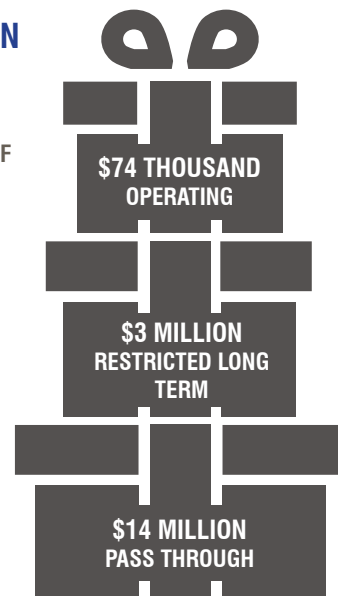
INVESTMENT RETURNS AVERAGED 10.99%

TEN-YEAR RETURNS
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OVER \$37 MILLION IN GIFTS

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